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EDMONTON • THURSDAY, OCTOBER 9, 2008

metronews.ca

Style pg 12

Looking a-head to fall's best hats



Abductions prompt calls to local child safety group

CRIME An Edmonton group that educates parents on child safety has been flooded with calls since the abduction and sexual assault of two pre-teen girls over the weekend.

Karen Larson, with the Edmonton Safe Parent Association, says parents have been looking for resources on how to better street-proof their kids.

The association also recruits and screens households that act as block parents to give children a safe place to go to if they are ever in trouble.

"I have to say, unfortunately, yes, people do become more interested when there is an incident like this," said Larson.

"It's really too bad that it takes such a horrible thing for people to realize that we are out there, and that we can help and so can parents."

Danial Todd Gratton, 44, is scheduled to appear in court today on charges of sexual assault related to the weekend incidents.

JEFF CUMMINGS / METRO EDMONTON

World pg 8

Afghan strike death toll rises

Election 2008 pg 5

- On The Hustings by Andrew Cohen
- Layton visits city
- Tory ads ironic for Dion

ShareYourViews
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NDP On the trail



Federal NDP Leader Jack Layton speaks at a breakfast rally held at the Kids in the Hall Bistro inside Edmonton City Hall yesterday morning. Layton told supporters he would keep oilpatch jobs if elected prime minister and would set up a more orderly procedure for developing Alberta's resources. See story, page 5.

Suspects in casino death found

SHOOTING A suspect sought in connection with a slaying near the River Cree Casino in Stony Plain was arrested yesterday, and a second suspect in the case turned himself in shortly afterward.

Adam Michael Brown, 21, of Edmonton was ar-

rested yesterday afternoon and charged with first-degree murder in connection to the murder of Mohamed Ali Ibrahim, 24, who was shot to death outside the casino August 30.

A second suspect, Alexander Edward Colin Reid, 20, turned himself in

to police yesterday evening. Upon hearing media reports that he was facing murder charges, Reid went to city police headquarters and was brought into custody without incident, Stony Plain RCMP said in a statement.

METRO EDMONTON

Ex-health CEOs split \$3.2M

Board merger leads to payout

JEFF CUMMINGS
jeff.cummings@metronews.ca

Former Edmonton and Calgary CEOs who headed up Alberta's two largest health authorities before the province's health regions merged will share \$3.2 million in severance pay.

Sheila Weatherill, the former CEO of Edmonton's Capital Region, received \$1.5 million in severance, according to figures released yesterday.

Former Calgary Health Board CEO Jack Davis was paid \$1.7 million.

All of Alberta's health-region CEOs were let go on

July 8 to pave the way for its new, single health superboard, which is now called Alberta Health Services.

"The former executives are receiving compensation in accordance with the specific terms of their contracts," said Ken Hughes, the new board's chair, in a release.

Alberta Health Services is currently paying its CEO, Charlotte Robb, an annual salary of \$550,000.

"Taxpayers should be

very, very angry," said Hugh MacDonald, a health critic with the Alberta Liberals.

"I think the health minister (Ron Liepert) should have announced this expensive bill to the taxpayers, but I believe he was too embarrassed. He's too embarrassed to face the taxpayers."

Scott Hennig, a director with the Canadian Taxpayers Federation, said the multi-million dollar severance package is worth it,

since taxpayers will be saving money in the long run because of the new superboard.

"This will eventually be a drop in the bucket,"

said Hennig.

Auditor General Fred Dunn said last week that public sector CEOs in the province were among the highest paid in Canada, and chastised the boards for their largesse.

"(Boards) should also provide clear direction for calculating variable pay," said Dunn in his report last week.

Dunn said he was going to audit the severance packages that were released yesterday.

"I think the health minister should have announced this expensive bill ... but I believe he was too embarrassed."

Hugh MacDonald



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The good ol' hockey game

The Edmonton Oilers take on the Colorado Avalanche in their home opener Sunday at Rexall Place. The puck drops at 6 p.m. and the game will be broadcast on Rogers Sportsnet West.

METRO EDMONTON

3

Local



Soccer fans the time has come

The 2010 FIFA World Cup South Africa Qualifier is Wednesday, Canada vs Mexico at Commonwealth Stadium, game time is 7 p.m. Watch where you sit, though. There are designated areas for Mexican and Canadian fans. Canada is hoping Edmonton's October weather will put a chill on our southern friends.

METRO EDMONTON

UGLY BETTY

9 Tonight



Citytv

Man charged in luring incidents

ARREST Police have made an arrest in the case of a man who has been allegedly attempting to lure teenage girls into his vehicle since the summer.

A 13-year-old girl was walking in the area of 105 Street and 76 Avenue Monday, when she was approached by a man who tried to coax her into his vehicle. Police arrested a suspect in his vehicle near 92 Avenue and 98 Street Tuesday.

Charged is 22-year-old James Ross Armour. He is also charged in connection with a similar incident in August. He will appear in court Oct. 28.

METRO EDMONTON



Consultant Paul Tubbe, a wheelchair user, speaks about Edmonton's accessibility for disabled people at Measuring Up, a conference on disabilities yesterday at the Coast Plaza hotel downtown.

City accessibility judged

JEFF CUMMINGS
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Edmonton measures up with other cities across Canada when it comes to making itself more accessible to the disabled, but more work needs to be done, said speakers at a city-run symposium yesterday.

Brenda Reitsma, a member of an advisory board that represents the disabled for the city, said Edmonton lags when it comes to help-

ing the visually impaired. "We have a lot of audible signals downtown, but in communities where people

who are blind live, do we have signals in those places?" said Reitsma.

The Symposium on Achieving Accessible and Inclusive Communities at the Coast Edmonton Plaza Hotel yesterday guided participants through exercises to determine how

Edmonton measured up with other cities.

Paul Tubbe, a Vancouver business consultant who is confined to a wheelchair, said Edmonton is doing a good job at making side-walks and buildings more accessible, but that also needs to work in city neighbourhoods. "This is a low and up-front investment for a city," said Tubbe.

"This is a low and upfront investment for a city."

Paul Tubbe

Awful memory dredged up in assault trial

VICTORIA HANDYSIDES
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A jury of 12 men and women wore mirrored expressions of horror yesterday, upon hearing a recorded, heartbreaking story from a seven-year-old girl of how she was kidnapped while she slept then savagely raped on a bed of rocks and dirt.

The victim, now 20, sat in the witness box with her arms folded across her lap, never once looking up at the video of herself explaining the graphic details of the sexual assault to police as a child. She was hidden behind a black barrier, to prevent her from seeing the man who is accused of the brutal crime: 32-year-old Neil Lester Johnson.

Johnson has pleaded not guilty to charges of kidnapping, unlawful confinement and sexual assault.

The child was having a sleepover at a friend's Bonnie Doon-area home Aug. 5,

1995, when she was pulled from the floor by a man who clamped his hand over her mouth and carried her down an alley. "I knew it was somebody coming to try to get me. He looked like he had an idea like he wanted to get somebody" she said. "... I was trying to scream, but he picked me up and ran."

The girl recounted details of being taken behind a shed a few houses away, laid on her back in the dirt, and forced to raise her hands above her head while he viciously raped and sodomized her. "He said he would do it till the morning," she said, adding that he threatened to break her neck and kill her if she screamed. "I just started to be brave and let him keep on doing it."

The case went cold but was reopened in 2003. Investigators matched DNA from a semen stain on the girl's pyjama top to Johnson's, who was then arrested.

The victim, who cannot be named, remembers little of the attack.

metronews.ca

What's online today.

Check out MetroTube of the Day to see artists make the case that they are ordinary Canadians, too. **Watch** as one of Harper's closest allies faces voter anger in her riding at metronews.ca/Canada

Lotteries

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A Canadian soldier is in serious but stable condition after being shot by insurgents about 30 kilometres west of Kandahar City, Afghanistan on Tuesday. The military has not released the soldier's identity. **SOURCE: CBC NEWS ONLINE**

Canada



Reprieve for Rambo

Rambo, left, has been given a reprieve from canine death row. A plan to transfer the dog from an animal shelter in Mississauga, Ont., to a farm in Nova Scotia was approved by an Ontario court yesterday. Rambo was born after a province-wide ban on new pit bulls took effect on Aug. 29, 2005.

TORSTAR NEWS SERVICE

News in brief

VANCOUVER The Pivot Legal Society said yesterday that Canada's auditor general needs to examine whether the RCMP overstepped its mandate by funding critiques of Insite, Vancouver's supervised injection site.

REFUGEE Hassan Almrei, a Syrian refugee who has spent seven years behind bars on a security certificate, would not pose a significant threat if released under supervision, a security advisor told a federal court yesterday.

VANCOUVER A B.C. man needed 60 stitches to close his wounds after he fought and killed a mother bear, CBC News Online reports. Jim West, 45, and his two dogs encountered the bear during a Saturday morning

walk. He used a stick to break the bear's skull after it tore into his head and bit his body. Two cubs were euthanized because they wouldn't survive winter without their mother.

METRO NEWS SERVICE

Atwood Culture is seamless



Author Margaret Atwood takes a break to read Metro at a party this week to launch her latest book, *Payback: Debt and the Shadow Side of Wealth*. The book hit stores this week in the midst of a global market meltdown, and an election campaign in which Atwood took shots at Prime Minister Stephen Harper's comments that "ordinary people" don't care about "the arts." As Atwood told Metro: "Culture is seamless. It flows from so-called high to so-called low and back again."

SWEN PHOTO/STYLING

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Large percentage of meat tainted, documents say

Two-thirds of Maple Leaf meat samples collected from Toronto hospitals and nursing homes tested positive for a virulent strain of listeria just before the country's largest food recall, according to confidential data obtained by Torstar News Service and the CBC.

The test results show a dramatically high percentage of bacteria-laced ham, corned beef, turkey, and roast beef was being served to hundreds of vulnerable hospital patients and seniors. Experts say it's more contamination than they have seen and further evidence of a health risk that should have reached the public's attention sooner.

"There shouldn't be any positives," says Rick Holley, a food safety expert at the University of Manitoba. "The reality is if you did a survey in the market, you might find one or two at most out of this sample that are positive And it is a particularly virulent strain of listeria. It's one of the bad ones."

17 of 26 samples collected on Aug. 14 and 15 tested positive for listeria, as revealed by lab tests conducted for the Canadian Food Inspection Agency and compiled in a document labelled 'confidential.'

These tests prompted the national recall of various Maple Leaf meat products.

A federal government source confirmed yesterday that half of the provincial samples tested positive for listeria.

But the results in Toronto were worse.

"I'd never seen anything like this," said Dr. Vinita Dubey, Toronto's associate medical officer of health. "The fact that so many came back positive shows how contaminated the source was."

Linda Smith, a spokesperson for Maple Leaf, said the company was informed of the second batch of test results on Aug. 16.

"On the basis of (the test results) we did a recall."

TORSTAR NEWS SERVICE

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Tories aim to heal doctor shortage

Stephen Harper pledged a \$5-million fund to draw Canadian doctors practising outside the country to return to Canada, CBC News Online reports. Harper said the Conservatives would also begin a pilot project with the provinces to find ways to recruit and retain nurses.

CBC NEWS ONLINE

canada 5

Election 2008

Race has turned upside down

With 5 days to go in campaign, this election is going down to the wire

On the Hustings

Andrew Cohen

Election insight and analysis

Just when you were sure the Conservatives would win this election and the only question was by how much, strange and wondrous things begin to happen.

Support for the Conservatives has been dissolving like a soft summer mist. The party that began the campaign with 38 to 40 per cent of support has now fallen to 31 to 34 per cent.

Meanwhile, the Liberals have rebounded, though not as dramatically as the Conservatives have fallen. The Liberals are now polling at 26 to 31 per cent.

While the conventional wisdom was always that

Stephen Harper would be re-elected, that's no longer certain. And while the conventional wisdom was that Stéphane Dion was finished, that isn't certain, either.

In other words, all bets are off. With five days to go, this is suddenly, remarkably, a horse race.

For weeks the biggest doubt was whether the Conservatives would win a majority. How big? Would it come from Ontario or Quebec?

If the election were held today, it is safe to say they wouldn't win most of the 308 seats in the House of Commons. Sure, it is mathematically possible that they could pull this off with 32 per cent of the vote in a divided, five-party race

with crazy splits. But it would be unprecedented.

We have seen a majority with 37 per cent of the popular vote — Bob Rae's New Democrats did it in Ontario in 1990 — but with 32, 33 or 34 per cent? Unfathomable.

(It goes the other way, too. In 1925, Canada had a minority government even though the Conservatives won 47 per cent of the vote.)

While a Conservative

majority was Harper's fond hope, he had reason to believe it was possible when the campaign began. The Conservatives never imagined sweeping Quebec like John Diefenbaker in 1958 or Brian Mulroney in 1984, but they did think winning another 10 or 15 seats there was realistic.

That, and modest gains in rural Ontario, would get them to 155 seats. That was the hope.

But even before the credit crisis, that was slipping away. The Bloc Québécois has brilliantly exploited doubts about Harper — on

state support for culture, juvenile crime and the war in Afghanistan — and thwarted a Tory triumph in Quebec. Meanwhile, the

Liberals are holding their traditional vote in Montreal, where the New Democrats had hoped for a breakthrough.

At the same time, the Liberals appear to have retaken the lead in vote-rich Ontario, their support rising in the province's southwest.

But does all this mean the Liberals can actually win this thing on Tuesday? Yes, but only if Liberal voters who defected to the Greens and the New Democrats come home. This time, their motive wouldn't be stopping a Conservative majority, as it was in 2006, but of delivering something unthinkable a week ago: A minority Liberal government.

Realistically, it's still unlikely. But in a political and economic world turned upside down, it could happen.

Andrew Cohen teaches journalism at Carleton University. He is the author of *Extraordinary Canadians*: Lester B. Pearson.

Liberals

Tory ads an ironic twist for Dion

TURNAROUND Stéphane Dion — his image battered by months of harsh Conservative advertising — says he misjudged how effective negative advertising can be in an election campaign.

But in an ironic twist, the Liberal leader now says the millions of dollars of Conservative

advertising is partly responsible for his surprise late-campaign surge. When Canadians tuned into the two leaders' debates last week, they found the Opposition leader wasn't the politician so often portrayed as bumbling and indecisive on the airwaves by the Conservatives, he said yesterday.

"Never has an individual been the target of millions of dollars of attack ads as I have been — and the Green Shift as a policy," Dion told the Toronto Star's editorial board.

"It may be why these debates have been a golden opportunity for me to show who is Stéphane Dion and why he has nothing to do with this caricature, this false individual that we have seen again and again on TV and on radio," he said yesterday.

TORSTAR NEWS SERVICE

Figures

Fewer voters cast ballots at advance polls

EARLY There were fewer voters who showed up at advance polls across the Alberta over the weekend, according to figures from

Elections Canada.

Close to 102,900 people chose to cast a ballot early in this election. Ed-

monton-Leduc recorded the most in the Capital region.

Marie-France Kenney, a spokeswoman with Elections Canada, told Metro there were no problems reported at the polls, but there were issues where voters would arrive at polling stations without legal identification.

"People thought their voter information card would work as an ID, so we just want to remind people to bring proper identification," said Kenney.

JEFF CUMMINGS/METRO EDMONTON

Watch as Stephen Harper's latest comments on the economy draw sharp rebukes at metronews.ca/canada

Layton vows to stick up for Alberta

JEFF CUMMINGS
jeff.cummings@metronews.ca

With less than a week until election day, NDP Leader Jack Layton says his plans as prime minister would include keeping thousands of energy-based jobs in Alberta, even through a time of global economic uncertainty.

Layton said since oil developments have been approved without any planning, many companies are forced to fly in workers from outside the country to build those projects because of a skilled labour shortage.

A more balanced "step-by-step" approach that tackles everything from environmental consequences, the infrastructure shortfalls and workforce issues is needed from a federal government tackling issues in Alberta, Layton said.

"I think there is a very exciting move afoot and we just about won a seat in Alberta the last time around," Layton said during a media scrum with reporters after greeting hundreds of supporters



NDP Leader Jack Layton shakes hands yesterday morning as he enters a breakfast rally at the Kids in the Hall coffee shop inside Edmonton City Hall.

during a breakfast rally in the Kids in the Hall coffee shop yesterday morning in Edmonton.

Layton also used the rally to blast Stephen Harper's party platform position on the current crisis on Wall Street.

"Ordinary families are very worried about their

savings, their pensions, their homes, their jobs," he said. "They want to know if they're going to be safe and secure."

"My top priority is to ensure that we protect the savings, pensions, homes and jobs of ordinary Canadians in these tough economic times."

Layton also vowed to regulate the banks to ensure "no one is gambling" with people's savings.

"Mr. Harper hasn't done anything for ordinary families for over two years," said Layton. "The time has come to throw Stephen Harper out of office."

News in brief

POLL Peter MacKay is far ahead of Green Leader Elizabeth May in the Nova Scotia Central Nova riding, according to a Metro Halifax/CTV poll. "At this point, just a few days from the election, it certainly looks positive for Peter MacKay," said Craig Wight, vice-president of research for Bristol Omnifacts Research, which conducted the poll. MacKay has 39 per cent support. The battle for second is tight, with May at 22 per cent and New Democratic Party candidate Louise Lorefice at 19. With a five per cent margin of error, that's not much.

METRO CANADA

5 days remain until the 2008 Canadian federal election

Election 2008



Polls diverge on fortunes of Conservatives

A new poll released yesterday showed the Conservative lead in the Canadian election

campaign continuing to shrink while another covering a similar period showed it widening again.

A Harris-Decima/Canadian Press survey put the Conservatives at 31 per cent, unchanged from their sur-

vey the day before, but the Liberals up one point at 27 per cent. It had the NDP at 20 per cent.

An Ekos automated telephone poll released on Tuesday night, however, had the Tory lead growing

again to nine percentage points (34 to 25) from the seven that Ekos had reported a day earlier. **REUTERS**

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Canada Trust

Banking can be this comfortable

Palin has famous cousins in FDR, Princess Diana

Republican vice-presidential nominee Sarah Palin is distantly related to the late Princess Diana and late U.S. president Franklin Roosevelt, genealogy experts said yesterday. The Alaska governor and princess are tenth cousins, while Roosevelt is Palin's ninth cousin once removed. **REUTERS**

World/Business

Ukraine calls early election

Ukrainian President Viktor Yushchenko yesterday abandoned the search for a coalition to take over from the current "orange" government, dissolved parliament and called an early election.

Yushchenko blamed Prime Minister Yulia Tymoshenko, his estranged ally from the 2004 "Orange Revolution," for the collapse of a coalition that

emerged from that Western upheaval which swept him to power.

She had allowed her "thirst for power" to take precedence over national interests, he charged.

"I hereby declare the activities of ... parliament to be suspended and call an

early parliamentary election," he said in a recorded television address to the nation. "The vote will take place in democratic and lawful fashion."

Yushchenko twice named Tymoshenko prime minister, but has been constantly at odds with her almost since his election. "I am convinced,

deeply convinced that the democratic coalition was ruined by one thing alone — human ambition. The ambition of one person," he said in his televised address.

The constitution provides for an election to take place no more than 60 days after dissolution — making Dec. 7 a possible date.

REUTERS

Russian retreat not enough, Georgia says

TROOPS Russia pulled back its troops yesterday from buffer zones it set up on Georgian territory during a summer war, but Georgia demanded it take further steps.

The Russian Defence Ministry said troops had removed all six checkpoints in the buffer zone around Georgia's rebel province of South Ossetia, ahead of the Friday deadline stipulated by a French-brokered ceasefire deal.

Russian troops remain inside South Ossetia and a second, pro-Russian break-away region, Abkhazia.

But Foreign Minister Eka Tkeshelashvili said Russian troops still had to quit two disputed enclaves within South Ossetia and Abkhazia by tomorrow. **REUTERS**

Cuba Guevara's capture



Men carry an image of the late guerrilla leader Ernesto "Che" Guevara at a primary school in Havana yesterday. First-graders around the country were given blue scarves in tribute to the revolutionary, who was captured in Bolivia 41 years ago.

Afghan strikes killed 33 civilians: Inquiry

AFGHANISTAN The U.S. military said yesterday that 33 Afghan civilians died during August air strikes on a village in western Afghanistan, raising the estimated toll of an action that has strained U.S.-Afghan relations.

A new military inquiry into the Aug. 22 attack on the village of Azizabad in Herat province also lowered the U.S. estimate for the number of militants believed to have died, to 22 guerrillas from an initial

Strike deaths

• Human Rights Watch said in a recent report that a surge in the use of air power in Afghanistan had resulted in a high number of civilian casualties, estimating that 119 civilians died in the first seven months of 2008.

estimate of 30 to 35.

The United States first reported only five to seven civilian deaths in the attack. That opened a rift

with the Afghan government and the United Nations, which both said more than 90 civilians had been killed.

The military then revisited its investigation after cellphone video emerged showing bodies of people said to have been killed.

The latest U.S. civilian-death estimate includes at least eight men, three women and 12 children, all identified from video footage taken after the attack. **REUTERS**

Man indicted for hacking Palin's e-mail

INTERNET The son of a Tennessee Democratic state legislator has been indicted for hacking vice-presidential candidate Sarah Palin's personal e-mail account, the Justice Department said yesterday.

David Kernell, 20, of

Knoxville, allegedly accessed the Yahoo account, gov.palin@yahoo.com, on Sept. 16 by correctly answering a series of personal questions.

He then posted the password and personal information found within, such

as the phone numbers of family members, on the online forum 4chan.org.

Kernell, the son of legislator Mike Kernell, will appear before a judge next week. He faces up to five years in prison if convicted. **REUTERS**

Business

Central banks make historic joint rate cut

Central banks around the world cut interest rates yesterday in their first broadly co-ordinated policy action in history, in an attempt to stem the global financial crisis.

The central banks of the United States, the euro zone, Britain, Switzerland, Canada and Sweden all lowered official rates by a half-percentage point — with the Bank of Canada cutting its key interest rate to 2.5 per cent.

But stock markets, traumatized by losses and bank collapses, took only mild comfort. Strains in credit markets continued, raising the question of what more

policy-makers could do and whether more cuts would follow.

"The recent intensification of the financial crisis has augmented the downside risks to growth and thus has diminished further the upside risks to price stability," the banks said in a joint statement. **REUTERS**

Canadian banks

TD Bank will lower its prime lending rate by 25 basis points to 4.50 per cent, half of the Bank of Canada's rate cut. CIBC, RBC, Scotiabank said they would follow suit.

AIG defends lavish event as Fed gives another \$38B loan

CRISIS American Insurance Group received a \$37.8 billion loan from the U.S. Federal Reserve yesterday, a day after lawmakers criticized it for throwing a lavish event days after receiving an \$85 billion US loan.

The firm says the event, including \$200,000 US spent on hotel rooms and \$23,000 US on spa services, was for independent life insurance agents, not employees. **REUTERS**

BlackBerry to 'Storm' touch phone market

SMARTPHONE RIM will debut the BlackBerry Storm, its clickable touchscreen device in Canada later this year.

The younger, consumer-oriented phone will be available through CDMA-equipped Bell and Telus networks, a nod to the fact that they have a competitive disadvantage against GSM networks. Pricing is not yet available. **TORSTAR NEWS SERVICE**

Business in brief

RETAIL Despite economic uncertainty, consumers are still shopping, but more carefully. Stores hope strong employment and income growth will boost holiday sales. **TORSTAR NEWS SERVICE**

OIL OPEC may need to cut oil output to bolster prices, oil ministers said yesterday as the group considered holding an emergency meeting to discuss the financial crisis. **REUTERS**

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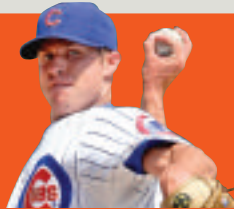


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Dallas Cowboys cornerback Adam Jones reportedly was involved in an altercation with a personal security guard early yesterday morning. Citing a police source, the Dallas Morning News reported yesterday that Jones got into the spat at the Joule Hotel in downtown Dallas. **METRO NEWS SERVICES**

Sports

SPORTS@METRONEWS.CA



Cubs exercise Harden's option

The Chicago Cubs exercised the 2009 option for pitcher Rich Harden, left, yesterday. Victoria's Harden, 26, was acquired from the Oakland Athletics on July 8 along with pitcher Chad Gaudin, for four players. After coming to Chicago, Harden went 5-1 with a 1.77 earned-run average and limited hitters to a .149 average after the All-Star break, which led all starters in the majors.

METRO NEWS SERVICES

Dodgers, Phillies face off in NLCS

Expect Philadelphia to keep momentum going and take down L.A.

The Los Angeles Dodgers and Philadelphia Phillies will battle for the right to represent the National League at the World Series when the best-of-seven NLCS gets underway on tonight at Citizens Bank Park.

Los Angeles is back in the NLCS for the eighth time in team history, but this is its first time back since its classic seven-game win over the New York Mets en route to its last world championship in 1988.

Philadelphia, meanwhile, is in this round for the seventh time, but will be making its first trip since 1993 when it topped Atlanta in six games.

These teams are also no stranger to one another in

the postseason, having met on three other occasions. However, they have not met up in the playoffs since the Phils defeated the Dodgers, 3-1, to advance to the 1983 World Series.

Los Angeles, though, defeated the Phils the first two times these teams squared off in NLCS play.

LINEUP

If the Phillies are clicking on all cylinders there are few lineups, if any, that can produce the kind of runs they can. Unfortunately, though, the big bats of

Ryan Howard and Chase Utley seem to have gone silent for the second consecutive post-season.

After going 2-for-11 in last year's sweep at the hands of the Rockies, Utley man-

aged just two hits in 15 at-bats against the Brewers, while Howard was 2-for-11.

As he has been since he arrived in Los Angeles, Ramirez was the catalyst offensively for the Dodgers in their sweep of the Cubs. The 2004 World Series MVP hit .500 in the series with a pair of home runs and three RBI.

STARTING PITCHING

Cole Hamels put forth one of the best efforts of his career in his Game 1 NLDS start, as he held the Brewers to just two hits over eight scoreless innings, while striking out nine with a walk.

Hamels has only faced the Dodgers twice and is 1-

0 against them with a 2.57 ERA. He defeated them back on August 23, surrendering a pair of runs and five hits in seven innings.

The Dodgers will send righty Derek Lowe to the hill in Game 1. Lowe was one of the best pitchers in the league down the stretch, winning six of his last seven decisions, and carried that into his Game 1 effort against the Cubs. Lowe earned the win, giving up a pair of runs and seven hits in six innings.

PROGNOSIS

Philly is not going to make as many mistakes as Chicago did. Plus with a series win under their belt, they won't be as tight at the plate.

Prediction: PHILLIES in SIX
METRO NEWS SERVICES



ROB CARR/THE ASSOCIATED PRESS

Indictment in death of Williams

NFL A Denver grand jury returned a 39-count indictment yesterday charging Willie D. Clark in the murder of former Denver Broncos cornerback Darrent Williams and the attempted murder of two others.



Williams

The 25-year-old Clark is charged with two counts of first-degree murder, 16 counts of attempted first-degree murder, two counts of second-degree assault, illegal discharge of a firearm, 16 crime of violence counts and two counts of possession of a weapon by a previous offender.

SCOREBOARD

MLB LEAGUE CHAMPIONSHIP SERIES BEST OF SEVEN AMERICAN LEAGUE Tampa Bay vs. Boston TOMORROW'S GAME Boston at Tampa Bay, 6:37 SATURDAY'S GAME Boston at Tampa Bay, 6:07 MONDAY, OCT. 13 Tampa Bay at Boston, 2:37 TUESDAY, OCT. 14 Tampa Bay at Boston, 6:07 THURSDAY, OCT. 16 x-Tampa Bay at Boston, 6:07 SATURDAY, OCT. 18 x-Boston at Tampa Bay, 2:37 SUNDAY, OCT. 19 x-Boston at Tampa Bay, 6:07 NATIONAL LEAGUE Philadelphia vs. L.A. Dodgers TONIGHT'S GAME L.A. Dodgers at Philadelphia, 6:15	NFL TOMORROW'S GAME L.A. Dodgers at Philadelphia, 2:35 SUNDAY'S GAME Philadelphia at L.A. Dodgers, 6:22 MONDAY, OCT. 13 Philadelphia at L.A. Dodgers, 6:22 WEDNESDAY, OCT. 15 x-Philadelphia at L.A. Dodgers, 6:22 FRIDAY, OCT. 17 x-L.A. Dodgers at Philadelphia, 6:22 SATURDAY, OCT. 18 x-L.A. Dodgers at Philadelphia, 6:22 x — only played if necessary. TONIGHT'S GAMES Toronto at Detroit, 6 Boston at Colorado, 8:30 Calgary at Vancouver, 8:30 Anaheim at San Jose, 8:30 CFL WEEK 16 TOMORROW'S GAMES Toronto at Winnipeg, 7:30 EDMONTON at B.C., 10:30 MONDAY'S GAMES Hamilton at Montreal, 1 Saskatchewan at Calgary, 4:30 WEEK 6 SUNDAY'S GAMES Chicago at Atlanta, 11 Miami at Houston, 11 Oakland at New Orleans, 11 Detroit at Minnesota, 11 Cincinnati at N.Y. Jets, 11 Baltimore at Indianapolis, 11 Carolina at Tampa Bay, 11 Jacksonville at Denver, 2:05 Green Bay at Seattle, 2:15 Dallas at Arizona, 2:15 Philadelphia at San Francisco, 2:15 New England at San Diego, 6:15 N.Y. Giants at Cleveland, 6:30

Bosh leads Raptors past Knicks

Raptors 113 Knicks 111

NBA Chris Bosh scored a team-high 20 points and grabbed seven rebounds to lead the Toronto Raptors to a 113-111 victory last night over the New York Knicks in pre-season action.

Andrea Bargnani chipped in 15 points off

the bench for the Raptors, who defeated Cleveland, 104-84, on Tuesday in the club's pre-season opener.

Jamario Moon, Anthony Parker and Jason Kapono added 10 points apiece in the win.

David Lee had a game-high 22 points and

hailed in nine boards in the pre-season opener for the Knicks, who finished last season 23-59. Zach Randolph added 19 points and 13 rebounds while Nate Robinson ended with 16 points. Wilson Chandler gave 15 points in defeat.

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Bosh

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Tennis Ivanovic upset in Kremlin Cup



Ana Ivanovic became the second high-profile player to tumble out of the Kremlin Cup in two days after losing to Dominika Cibulkova 3-6, 6-2, 7-6 in Moscow yesterday.

Eager suspended for three games

NHL Chicago Blackhawks forward Ben Eager was suspended three games without pay by the NHL yesterday.

Eager's penalty stemmed from his actions in last Thursday's pre-season game against the Dallas Stars. The 24-year-old was given a match penalty for attempting to injure Stars forward Sean Avery by swinging his stick from the bench at Avery, who was on the ice.

Brady's surgery successful: Source

NFL New England Patriots quarterback Tom Brady reportedly underwent surgery on Monday to repair his injured left knee.

The Boston Globe cited Brady NFL sources as saying the procedure took place at the Kerlan-Jobe Orthopaedic Clinic in Los Angeles, adding that one of those sources said the surgery went well.

Brady was hurt during a season-opening victory over Kansas City.

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Letting go of household clutter

L. SARA BYSTERVELD
for Source Media Group



Our stuff — it's what surrounds us, serves us and sometimes even defines us. But it can also hold us back. In times of transition, such as divorce, children moving out or moving into a new home (especially a smaller home), emotional attachments to possessions can cause people to hold onto clutter that only complicates life.

"I see people whose possessions are out of control. The majority have things that have happened in their life that have thrown them out of balance — illness, divorce, death and so on," says Maggie Rogers, organizational specialist and owner of Amazing Spaces.

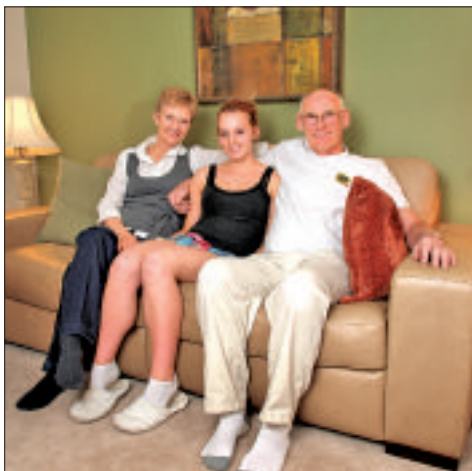
But it doesn't take a tragedy for a person to accumulate things, whether

it's books, collectibles, clothes or just the general detritus that tends to collect in closets, basements and garages. It happens to the best of us with the regular busy pace of life. For homeowners moving into less square footage, they must determine which items to keep and which to let go, holding onto the memories instead.

As Kathy Roberts, organizational specialist and owner of Clutter Busters explains, the amount someone spent on an object, as well as its perceived value (which is sometimes out of whack with reality), holds much sway in the degree of attachment to that item.

Also, says Roberts, "there are some people who didn't have anything growing up, so they say, 'If I have it now, I'm going to hold onto it.'"

When Anne and Alan Young moved from a 1,076-



Granddaughter Brittany is flanked by grandparents Anne and Alan Young, who've recently pared down to condo living.

square-foot house with a basement in a small northern Alberta town to an 868-square-foot apartment-style condo in southwest Calgary earlier this year,

they were thankful for the wait time between purchasing and moving into their new home.

"It was hard to get rid of things, but we had time to

Outside help

- Organizational specialist Maggie Rogers recommends taking a photo of any clutter and e-mailing it to friends and family who may be interested. If no one wants your possessions, it is time to find another home for it, whether it is with charity or in a yard sale.

think about it," says Anne. "With a few things, we couldn't decide, so we made a maybe pile and decided later."

Like many homeowners faced with the prospect of paring down their belongings, the Youngs chose to pass some of their heirlooms to their daughter.

Roberts and Rogers acknowledge passing items down to family members as a good first option for people who are having a hard time letting go.

Other such obstacles that can pop up include having a sale but holding onto items that don't sell, being unable to decide on certain things and being reluctant to sell something for lower than a certain price.

Realistically, says Roberts, "the walls are only so big. You have to envision what you want your home to look like when you walk in and work to achieve that."

If you find you just can't sort through the stuff on your own, enlist a friend for help or hire an expert — an objective second set of eyes can make all the difference.

Luckily, in the end, it is worth it.

"It does feel good to have less stuff," says Anne Young. "Even here I go through things once in a while and get rid of things."

EDITED FOR LENGTH BY
METRO EDMONTON

Strategies for clearing the air

HomeScape

Sylvia Putz



But don't relax just yet — you're well on your way to improving the air in your home, but you're not finished.

It's a gas

- To combat harmful gases like carbon monoxide and nitrogen dioxide that are the result of combustion, ensure that appliances such as the furnace, stove, gas fireplace and water heater are properly maintained. They should be inspected by a qualified professional every year.

Since carbon monoxide is both dangerous and odourless, get a carbon monoxide detector and place it where you can hear the alarm.

- Another gas that can build up indoors is nitrogen dioxide, which can irritate the lungs. It's main source in the home is gas stoves — so if you have a gas stove, make sure it has an efficient exhaust fan that's vented to the outside.

- Combustion gases can also enter the home from garages, so never let cars or any other fuel-burning appliance — such as a snow blower or lawnmower — run in a garage. Moreover, keep the door between the garage and house closed at all times.

Source of irritation

VOCs and formaldehyde emanate from lots of products that are made of plywood or particleboard.

Such items can include kitchen cabinetry, oil-based varnishes, furniture and panelling, paints and

glues as well as many wall-to-wall carpeting products.

These sharp-smelling gases can irritate the eyes, nose and throat, and low concentrations over the long term may be linked to respiratory symptoms and allergic sensitivity, especially in children.

Of course, off-gassing is strongest when these home products are new, and lessens over time.

So ventilate during renovation work, then give the house a day or a weekend to air out before you and your family settle into it again.

Over the long term, you can limit your exposure by reducing or eliminating the number of VOC- or formaldehyde-emitting products in your home.

Getting personal

Finally, take it easy on scented personal care, cleaning or laundry products, because they can also emit VOCs. Just because something smells nice doesn't mean it's a good thing for you to inhale.

Sylvia Putz is a journalist with an interest in home decor and design. She has written extensively for the TV show Arresting Design.

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No longer just an afterthought collection of striped bedding and \$10, flat as a pancake, toss pillows, today's supermarket ranges are stylish, well constructed and offer serious bang for your buck.

Only this week, when challenged by our Home Heist director to supermarket source finishing touches for a suburban town home project, we were bowled over by a jaw-dropping array of accessories, linens and kitchen wares, most of which looked like they cost several times more than the modest prices we ultimately paid.

Suitably inspired after a whiz round some of Canada's most famous aisles, we've assembled, for your bargain-conscious delectation, a roundup of Colin and Justin's best buys.

Yup, read 'em and reap. Here's how to battle the credit crunch while ensuring you don't lose out in the style stakes...

Acacia Wooden Serving Tray

Approximately 30 cm square, this beautiful timber flat plate is utterly gorgeous and would be the perfect vessel upon which to serve up savouries or sweets at even the coolest party. Priced at just \$7.99, you'll find it at Loblaws.

loblaws.ca

Three-tiered Serving Stand

A stunning tri level cake serving platter. A modern take on a traditional idea this square ceramic triple decker is awesome value at just \$14.99, again from Loblaws.

Hearthway Crockery Set

A sixteen piece stoneware dinner service for just \$29.93? Head to Loblaws to grab this great value deal.

Microlux Bath Towels

For a dime less than ten bucks each? It may be hard to believe but these are seriously good quality knit. Available in assorted colours they're excellent supermarket value. Find them at Maxi. maxi.ca

Mini Chop Blender

This diminutive food processor should make short work of all manner of kitchen blending requirements. And at just \$29.99 it won't leave you in a spin. Also at Maxi.

Ball Rug

Available in soccer, baseball or basketball designs, these round rugs (designed for use in kids' rooms) are just shy of one metre across and cost \$34.99 from Costco. costco.ca

Décor Anna Square Draperies

Yup, it's curtains for you! Priced at a very modest \$54.99, these semi sheer drapes are fantastic value. Track them down (no pun intended) at Costco.

Phalaenopsis Orchids

Blooming lovely! We adore exotic floristry and, having found these decorative blooms, we're more than impressed. Just \$24.99 at Sobeys. sobeys.com

Colin McAllister and Justin Ryan are the hosts of HGTV's Colin & Justin's Home Heist and authors of Colin & Justin's Home Heist Style Guide.

An efficient Thanksgiving

Hosting Thanksgiving dinner can be a daunting task, but it doesn't need to be, says Catherine Marion, co-host of The Mom Show. Here she offers some ways to help you get out of the kitchen and back into your life this Thanksgiving:

1. Get the whole family in on it. Assign age-appropriate tasks and delegate fully — don't rush in and finish

someone else's job.

2. Update the recipe book with shortcuts. Choose pre-cut veggies, pre-shredded cheese or pre-mixed spices to achieve the same result with less hassle.

3. Cook the turkey with convection technology, and shave at least 45 minutes off the cooking time (for a 12-pound turkey).

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NEWS CANADA

Food

"Cardamom is a warm, sweet spice widely used in Scandinavian and East Indian cooking."

Barb Holland/for Metro Canada

**A spicy twist**

Cardamom pods tend to be used with savoury dishes and ground, is wonderful with pears and apples, offering a different taste from the more traditional cinnamon and nutmeg.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA



Like many holiday meals, a delicious, warm home-baked pie is the perfect finish to Thanksgiving.

Give thanks for dessert

À la carte**Barb Holland**

Metro Food Writer

Thanksgiving is all about getting together with family and friends, giving thanks and enjoying the bountiful harvest. Sharing is a better word than delegating, and dividing up the meal preparation makes lighter work for all. Here is a delicious harvest fruit pie that is a break from the traditional pumpkin pie (or in addition!). If it's your turn to bring dessert, make this early in the day and heat just before serving in turned off, but still warm, oven.

Rustic Apple, Pear and Cranberry Pie

Using puff pastry saves the step of making pastry, just remember to transfer puff pastry from freezer to fridge the day before. If

you prefer, you can also use regular pastry in a similar fashion. Makes 8 servings.

INGREDIENTS:

- 1/2 pkg or 1 sheet frozen puff pastry, thawed
- 1/4 cup (60 mL) all-purpose flour
- 1/4 cup (60 mL) brown sugar
- 1 tsp (5 mL) ground cardamom or cinnamon
- 3 medium apples, such as McIntosh
- 3 ripe but firm pears, such as Bartlett
- 1 cup (250 mL) fresh cranberries
- 1 tbsp (15 mL) cold butter, cut into pieces
- 1 egg, beaten with 1 tsp (5 mL) water or milk
- Coarse sugar, about 1 tbsp (15 mL)
- Whipping cream

METHOD:

Preheat oven to 400°F (200°C). Combine flour, brown sugar and cardamom in large bowl. Peel and core apples, cut into wedges 1/4-inch (1 cm) thick. Similarly peel pears, cutting wedges a little thicker. Add to flour mixture, along with cran-

berries. Toss gently to coat evenly with dry mixture.

On lightly floured surface, roll chilled puff pastry into a 13 x 13-inch (32.5 cm) square, about 1/8-inch (3 mm) thick. Carefully transfer to parchment paper lined pizza pan or other shallow baking pan with a rim. Arrange fruit mixture in centre, leaving a 2-inch (10 cm) edge (you can trim off corners for a neater look). Fold edge over filling. Dot filling

with butter pieces. Brush pastry with egg wash, then sprinkle with coarse sugar for a golden crust. Bake 15 minutes, then reduce heat to 375°F (190°C) and continue baking until pastry is golden brown and crisp and fruit is tender, 30 to 40 minutes. Serve warm with lightly whipped sweetened cream.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.



This recipe has a prep time of 15 minutes, a cooking time of three minutes and a refrigeration time of 30 minutes. Makes 20 balls.

Chewy, nutty power balls

Instead of taking store-bought energy bars on your next hike — try these. They taste great, transport beautifully without crumbling and are a lot less expensive when you make them yourself.

Peanut Power Balls**INGREDIENTS:**

- 2 cups (500 mL) granola
- 1/3 cup (75 mL) chopped peanuts
- 1/4 cup (50 mL) each dried cranberries and raisins
- 1/4 cup (50 mL) wheat germ or ground flax
- 2 tbsp (30 mL) each pumpkin seeds and shredded coconut
- 1/2 cup (125 mL) honey
- 1/2 cup (125 mL) peanut butter

METHOD:

In a large bowl, stir granola with peanuts, cranberries, raisins, wheat germ, pumpkin seeds and

more info

- Per serving: 144.1 calories, 3.9 g protein, 19.7 g carbohydrates, 2 g dietary fibre, 51.7 mg sodium, 6.6 g total fat.
- Visit the website of the Peanut Bureau of Canada for more recipes: peanutbureau.ca/Canada.

coconut. In a small saucepan bring honey to boil. Boil vigorously for approximately 30 seconds then whisk in peanut butter. Add to granola mixture and stir to combine.

While mixture is warm, firmly form into 1 1/2-inch (3.5 cm) balls. Refrigerate until firm. Store in an airtight container up to 2 weeks. Twist balls in waxed paper for perfect portability.

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Style



'Love for Life' bracelets

Aldo has partnered with YouthAIDS to create limited edition "Love for Life" bracelets with 100 per cent of the net proceeds benefiting HIV prevention efforts in Rwanda. This includes the work of the Rebero Orphan Centre which cares for victims and orphans of the Rwandan Genocide. The bracelets will be available in three styles: Silver and gold tone cuffs for women and a rubber wristband version for men. Available at Aldo, Aldo Accessories and online at aldoshoes.com for \$5.

METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Hats off to embellishment

Style File

Kim Elbo

kim.elbo@metronews.ca

ask kim

Are there any brands that specialize in boots for women with skinny calves? Most boots I try on are huge around the calf.

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theliplounge.com



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Shop: Front & Co.
frontandcompany.ca



Fedora
Designer: Honey Love Designs
Shop: Room 430 Boutique
honeylovecouture.com

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

hats

Classic cut hats embellished with feathers, belts and contrasting fabrics are what to look out for this season. The cloche was a popular item last year and it looks like it's here to stay. Look for a cloche with a brim that is longer in the front and shorter in the back. The stingy brim fedora by Honey Love Designs is a favourite of mine; the feathers add elegance and style. A hat you will find everywhere is the school-boy cap, it's casual, cool and it looks good on just about everyone.

accessory

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Mirren joins the Tempest

Oscar-winning actress Helen Mirren has signed up to star in a big-screen adaptation of Shakespeare's *The Tempest*, according to reports.

BBC NEWS ONLINE

13

Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONews.CA

A CLASSIC; EXCELLENT; GOOD; FAIR; POOR

Oasis dig out, Dylan brilliant

Oasis

Album: Dig Out Your Soul

Label: Big Brother/Warner

Rating: ⓈⓈⓈ

TO EXPECT this Britpop act to regain its mid-'90s peak might be asking for the moon. But this seventh album stands as the first time in a while that the Brothers Gallagher et al actually sound like they care about what they commit to disc. When they're on, Bag It Up, Ain't Got Nothin' and The Shock Of The Lightning swirl gloriously with louder guitars, looser 'n' brasher backbeats and singer Liam Gallagher's cocky Britpop snarl. When they're off, Oasis spiral into

Beatles wannabes, riff-copping from The Doors and Pink Floyd, even rewriting the '60s hit Hi-Heel Sneakers and passing it off as (Get Off Your) High Horse Lady... so typical Oasis.

Ian Nathanson/for Metro Canada

Jennifer Hudson

Album: Jennifer Hudson

Label: Arista/Sony BMG

Rating: ⓈⓈⓈ½

WHY DOES EVERY R&B artist feel compelled to pad out their album with three or four big name "friends?" So it is with Jennifer Hudson's debut album with three tracks featuring Ludacris, Fantasia and T-Pain. Hudson doesn't



Dig Out Your Soul, the latest album from Oasis, is now available.

need their help. She's got one of the finest R&B voices since Whitney. When Ludacris steps in on the already edgy Pocketbook, you want to smack him off the microphone. And the

title of Track 4, What's Wrong (Go Away) can only be about T-Pain and his evil voice distorter. Hudson's extraordinary vocal talent manages to win out over all this friendly inter-

ference and synthetic production. Tracks like Giving Myself and You Pulled Me Through are killers. And I'm Telling You I'm Not Going will pop your eyes out of their sockets.

Graham Rockingham/for Metro Canada

Bob Dylan

Album: Tell Tale Signs Rare and Unreleased 1989-2006

Label: Columbia/Sony BMG

Rating: ⓈⓈⓈ½

A LOT OF artists have prolific careers, but how many can say that they've recorded eight albums worth of rare and unreleased material. Only one: Bob Dylan. The latest installment of the leg-

A-list actor

Actor Steve Carell has officially made it onto the Hollywood A-list — he has signed a multi-million dollar three-movie deal with studio Warner Bros.

IMDB.COM

AlbumReviews

music@metronews.ca

endary folkie's "Bootleg Series" — the first was released in 1991 — covers his years from Oh Mercy to 2006's Modern Times and boy, it's a doozy. Even though these tunes are a combination of throwaways, demos, movie tracks and unreleased material, almost all of the 27 songs are brilliant. It's hard to choose what's best here, but the thumping stripped down disc opener Mississippi is a good start.

Bryan Borzykowski/for Metro Canada

Read reviews of Mobile, Les Paul & Friends, The Clash and Rise Against at metronews.ca/music

Spears driving case goes to court

PEOPLE Britney Spears' driving without a licence trial will continue as scheduled, according to a ruling released Tuesday, TMZ.com reports. The pop star's lawyer was trying to have the case put on hold or dismissed.



Spears

Fire damages Nick Nolte's home

PROBE A fire at Nick Nolte's home in Malibu, California gutted his living room Tuesday, but the actor escaped with minor injuries after trying to douse the flames with a garden hose, Reuters reports.

The Tropic Thunder star suffered smoke inhalation and minor abrasions in the fire, which was caused by an electrical problem, said Inspector Sam Padilla, a spokesman for the Los Angeles County Fire Department.

METRO NEWS SERVICES

IntelleVision

Rick McGinnis

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10/9/08	2	CFRN	239 318	etalk	Dance	ER (HDTV) (N)	CSI: Crime Scene Investgn.	Grey's Anatomy (N)	The Office (N)	SNL Update	ER (N)	News (N)
	3	KHQ	- 370	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Name Is Earl	Kath & Kim (N)	The Office (N)	SNL Update	ER (N)	News (N)
	4	CBXT	- 307	NHL Hockey	HNIC-Rocks Concert	NHL Hockey	Survivor: Gabon (N)	Ugly Betty (N)	Survivor: Gabon (N)	Le Téléjournal (N) (SC)	Life on Mars (N)	TJ Alberta
	6	KREM	- 372	News (N)	Hollywood	The Doctors (N)	Survivor: Gabon (N)	Ugly Betty (N)	Survivor: Gabon (N)	Le Téléjournal (N) (SC)	Life on Mars (N)	TJ Alberta
	7	CKEM	241 347	Law & Order: SVU	Glam God With Vivica A. Fox	Life on Mars (N)	Survivor: Gabon (N)	Ugly Betty (N)	Survivor: Gabon (N)	Le Téléjournal (N) (SC)	Life on Mars (N)	TJ Alberta
	8	CTV	240 339	ET Canada	Entertainment	Enquête (HDTV) (SC)	Grosse vie (N)	C.A. (N) (SC)	Grey's Anatomy (N)	The Simpsons	News (N)	News (N)
	12	CKLY	119 705	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)	Grosse vie (N)	C.A. (N) (SC)	Grey's Anatomy (N)	The Simpsons	News (N)	News (N)
	13	KXLY	- 371	News	News	The Insider (N)	Abducted (2007, Drama)	Sarah Wynter	King of the Hill	The Simpsons	News (N)	News (N)
	16	KAYU	- 373	MLB Baseball: NLCS Game 1 -- Teams TBA	News	The Insider (N)	Abducted (2007, Drama)	Sarah Wynter	King of the Hill	The Simpsons	News (N)	News (N)
	19	CHTV	-	The Insider (N)	El News	Name Is Earl	Kath & Kim (N)	The Office (N)	SNL Update	ER (N)	News (N)	News (N)
	22	KSPS	- 374	NewsHour With Jim Lehrer	Vote! 2008	Vote! 2008	Sherlock Holmes Mysteries	Globe Trekker (DVS)	Tavis Smiley	Charlie Rose (N)	Soundstage	Soundstage
	24	WTVS	- 364	Ask This Old	Michigan	Michigan	Red Green	Summer Wine	Tavis Smiley	Charlie Rose (N)	Soundstage	Soundstage
	15	CBCH	502	CBC News: The National	CBC News: The National	CBC News: The National	Red News: The National	CBC News: The National	CBC News: The National	CBC News: The National	Newman	Newman
	21	TWN	505 398	(5) EarthWatch One	EarthWatch One	EarthWatch One	EarthWatch Two	EarthWatch Two	EarthWatch Two	EarthWatch Two	EarthWatch Two	EarthWatch Two
	27	CNN	500 500	Larry King Live	Anderson Cooper 360 (HDTV)	Anderson Cooper 360 (HDTV)	Anderson Cooper 360 (HDTV)	Anderson Cooper 360 (HDTV)	Anderson Cooper 360 (HDTV)	Anderson Cooper 360 (HDTV)	Anderson Cooper 360 (HDTV)	Anderson Cooper 360 (HDTV)
	54	CTV	501 391	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News	News
	70	BNN	504 508	Squeeze Play	Market Call	Market Call	Headline	Headline	Headline	Headline	Headline	Headline
	20	TSN	400 400	2008 World Series of Poker	SportsCentre (HDTV) (Live)	SportsCentre (HDTV) (Live)	Off the Record	Off the Record	Off the Record	Off the Record	Off the Record	Off the Record
	23	net	408 418	MLB Baseball National League Championship Series Game 1 -- Teams TBA	Wrecked (N)	Wrecked (N)	Pinks (HDTV)	Pinks (HDTV)	Pinks (HDTV)	Pinks (HDTV)	Pinks (HDTV)	Pinks (HDTV)
	47	SPEED	417 406	Pinks -- All Out (HDTV) (N)	Wrecked (N)	Wrecked (N)	Pinks (HDTV)	Pinks (HDTV)	Pinks (HDTV)	Pinks (HDTV)	Pinks (HDTV)	Pinks (HDTV)
	94	SCORE	410 403	College Football Clemson at Wake Forest	Score Tonight	Score Tonight	Score Tonight	Score Tonight	Score Tonight	Score Tonight	Score Tonight	Score Tonight
	9	EDACC	267 351	Help TV	America's Next Top Model (N)	Hole in the Wall	Hole in the Wall	Hole in the Wall	Hole in the Wall	Hole in the Wall	Hole in the Wall	Hole in the Wall
	14	TV	552 543	Drake & Josh	iCarly	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.
	17	TREE	553 546	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	42	TOON	555 545	World of Quest	Johnny Test	George-Jungle	Bugs Bunny & Tweety Show	6teen	Total Drama	Hand. Montana	Life Derek	Ned's Critic (N)
	45	FAM	557 541	Zoe 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Home. Montana	Life Derek	Ned's Critic (N)
	-	TVA	121 714	TVA 18 heures	Le Cercle (SC)	La Fievre de la danse (SC)	Occupation double	Occupation double	Occupation double	Occupation double	Occupation double	Occupation double
	18	CMT	575 583	Reba	Reba	Hope & Faith	Hope & Faith	Backstage	Terri Clark-Dirt	Home Improve.	Home Improve.	Reba
	25	A&E	615 520	The First 48 (HDTV)	Jacked: Theft	Jacked: Theft	Crime 360 (HDTV)	Party of Five	Party of Five	Party of Five	Party of Five	Party of Five
	26	MMM	571 581	Revival	Where You At	I Want to Work for Diddy	Restaurant Makeover	ReGenesis (HDTV)	Challenge	Challenge	Challenge	Challenge
	29	FOOD	603 561	Unwrapped	Secret Life of	Jamie's Kitchen Australia	ReGenesis (HDTV)	Challenge	Challenge	Challenge	Challenge	Challenge
	31	SHO	617 522	EastEnders	Spaced	Painkiller Jane	Daily Planet	Rich Bride, Poor Bride	Monster Moves	Monster Moves	Monster Moves	Monster Moves
	32	SLICE	520 505	Mystery of the Crystal Skulls	MythBusters	The Biggest Loser	Rich Bride, Poor Bride	Monster Moves	Monster Moves	Monster Moves	Monster Moves	Monster Moves
	33	DISC	601 562	X-Weighted	Shopping Bags	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House
	34	W	602 567	Shopping Bags	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Open House
	35	TLC	521 560	American Chopper (N)	LA Ink "Help Wanted"	LA Ink "Help Wanted"	American Chopper	Law & Order	Without a Trace	Without a Trace	Without a Trace	Without a Trace
	36	BRAVO	620 523	Heavy Metal ** (2005, Documentary)	Bravonews	Bravonews	Law & Order	Without a Trace	Without a Trace	Without a Trace	Without a Trace	Without a Trace
	38	SPIKE	628 584	TNA IMPACT! (HDTV) (N)	NCIS "Marine Down"	NCIS "Marine Down"	Crime Stories	Lost Worlds	The Simpsons	South Park	Deep Space 9	Deep Space 9
	40	HIST	522 506	Secrets of the Dead	Air Force	Just for Laughs	Stargate SG-1 (DVS)	Corner Gas	Lost "Do No Harm"	Lost "Do No Harm"	Lost "Do No Harm"	Lost "Do No Harm"
	41	COM	626 547	Laughs	Comedy Now	Comedy Now	Stargate SG-1 (DVS)	Corner Gas	Lost "Do No Harm"	Lost "Do No Harm"	Lost "Do No Harm"	Lost "Do No Harm"
	43	SPACE	627 528	Battlestar Galactica	Chuck (N)	Chuck (N)	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy
	46	WPLN	294 650	(6) Cellular ** (2004)	Cheers	Family Guy	Pilot Guides	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy
	48	OLCH	411 457	Survivorman	Pilot Guides	Odyssey	Make or Break	What Happen?	What Happen?	What Happen?	What Happen?	What Happen?
	49	TROP	619 525	Make or Break	Naked Fashion	Beverly Hills, 90210	Make or Break	What Happen?	What Happen?	What Happen?	What Happen?	What Happen?
	50	STAR	621 527	Politics	In Fashion	The Tonight Show-Jay Leno	Make or Break	What Happen?	What Happen?	What Happen?	What Happen?	What Happen?
	52	HGTV	600 564	The Fix	Disaster DIY	Home to Flip	Real News (N)	Holmes on Homes	George Lopez	George Lopez	George Lopez	George Lopez
	65	TLN	700 800	(6) Casablanca, Casablanca	Raymond	Raymond	Next! Youth	Next! Youth	Next! Youth	Next! Youth	Next! Youth	Next! Youth
	92	VISION	269 350	News	Suannan (N)	Rez Rides	Next! Youth	Next! Youth	Next! Youth	Next! Youth	Next! Youth	Next! Youth
	93	VISION	261 394	Ghosts of Mississippi ** (1996, Docudrama)	Alec Baldwin	Alec Baldwin	Next! Youth	Next! Youth	Next! Youth	Next! Youth	Next! Youth	Next! Youth
	100	MTV	581 566	The Hills	Super Sweet	Exiled	MTV Cribs	MTV Live	After	Man and Wife	The Hills	Exiled
	101	MTV	580 580	Degrassi: Next	Instant Star	Greek "Multiple Choice"	MTV Music Countdown	MTV Music Countdown	MTV Music Countdown	MTV Music Countdown	MTV Music Countdown	MTV Music Countdown
	102	CPAC	512 396	(6:30) Headline Politics	Revue	Revue	Question Period	Question Period	Question Period	Question Period	Question Period	Question Period
	103	CLT	526 507	(6) My Boy Jack (2007)	Mysterious Ways	Mysterious Ways	Judging Amy	Judging Amy	Judging Amy	Judging Amy	Judging Amy	Judging Amy
	105	TV5	145 761	Envoyé special	Cité guide	Cité guide	Journal TV5	Journal TV5	Journal TV5	Journal TV5	Journal TV5	Journal TV5
	106	RDI	126 730	Le Téléjournal (SC)	RDI en direct	RDI en direct	Le National	Le National	Le National	Le National	Le National	Le National

critics' corner

Eleventh Hour

Science — ain't it cool? Depends on how it's used. In this new drama series, it's the job of Jacob Hood, a biophysicist who works as an adviser to the government, to fight those who would use scientific breakthroughs for bad ends. British actor Rufus Sewell ("John Adams") plays Hood, with Marley Shelton as the FBI agent assigned to watch his back. 11 PM on KREM



Heavy Metal

Animators from around the world contributed to this 1981 adult anthology of sci-fi stories adapted from the popular title magazine, with enough nearly nude (if animated) females to titillate any randy male adolescent. Backing up the incoherent "narrative" is a serious musical soundtrack featuring Blue Oyster Cult, Journey, Cheap Trick, Stevie Nicks, Grand Funk Railroad, Black Sabbath, Devo and others. 7 PM on BRAVO

Celebrity Buzz

Renée bulking up for love?

HEALTH Renée Zellweger has reportedly gained 10 pounds in a bid to find a new man, femalefirst.co.uk reports.

"Renée was worried her slim frame made her look gaunt, sickly and, worst of all, old. She is going to be 40 in six months and doesn't want to be single then," a source said.

Zellweger, who packed on the pounds to play Bridget Jones in the 2001 movie *Bridget Jones's Diary* and 2004 the sequel *Bridget Jones: The Edge of Reason*, has reportedly completely changed her diet to maintain her new curvy figure.

"Renée used to eat only fresh fruit for breakfast, but now she allows herself the odd doughnut or bagel with cream cheese," the source added to *Look* magazine.

"Instead of working out five or six times a week, Renée isn't freaking out if she misses a session. She was so focused on maintaining a killer body that she was neglecting other aspects of her life."

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

Latifah mum on sex life

SEXUALITY Rapper/actress Queen Latifah is not answering questions about her sexuality, usmagazine.com reports.

"I don't have a problem discussing the topic of somebody being gay, but I do have a problem discussing my personal life," Latifah, 38, told Sunday's *New York Times* magazine.

"You don't get that part of me. Sorry," she added. "I don't feel like I need to share my personal life, and I don't care if people think I'm gay or not," she said. "Assume whatever you want. You do it anyway."

METRO NEWS SERVICES

Mills' pool put on hold

CELEBRITY Paul McCartney's ex-wife Heather Mills has reportedly been caught building a swimming pool in the grounds of her English home without planning permission, imdb.com reports.

Planners discovered the pool while visiting Mills' Robertsbridge, East Sussex, home to check if the former glamour model had pulled down a huge marquee she had erected illegally.

They have

now ordered her to submit an application for the pool, and if permission is denied, Mills will have to fill it in.

A local spokesperson tells the *Hastings & St. Leonards Observer* newspaper, "The marquee appears to have been dismantled. Apparently, there is a swimming pool and we have invited a planning application for it."

"This will then be considered in accordance with the normal planning process."

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celebrity brief

Cho gets honour

AWARD Comedienne Margaret Cho has been named Korean of the Year by a leading Korean-American newspaper, imdb.com reports.

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Dating Diaz is difficult, she says

DATING Cameron Diaz finds it tough to maintain a relationship because she is "a spoiled brat," imdb.com reports.

The actress has dated a string of Hollywood stars including Matt Dillon, Jared Leto and singer Justin Timberlake.

She is now dating Jennifer Aniston's ex Paul Sculfor, and claims her selfishness often hinders long-term romances.

"It's really hard for me to

commit," Diaz says. "It's probably a lack of discipline on my part."

"Honestly, I'm just a spoiled brat who's used to getting my own way all the time! I'm sure that's what it is. I'm sure I'll suffer for it later, but I'm happy with it right now."

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HELLO! Hot shot of week



Actress Halle Berry's beau Gabriel Aubry arrives at Toronto's Light Lounge to meet fans with his band, Café Fuego. "It feels great to be here," the Montreal-born 32-year-old Calvin Klein model, who has a six-month-old daughter, Nahla, with his superstar girlfriend, told *Hello! Canada*. hellomagazine.com

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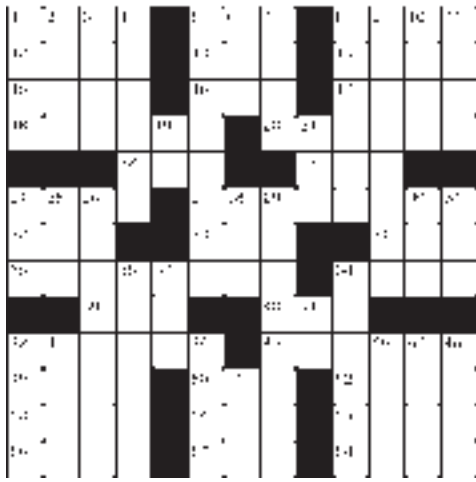
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Take Five



Crossword across

- | | | |
|--------------------------------|----------------------------------|---------------------|
| 1 Galvanizing material | 22 Vast expanse | 42 Changes |
| 5 Recent horror film franchise | 23 Crow's cousin | 45 Snacked (on) |
| 8 Invitation initials | 24 Three-piece suit feature | 49 Mideast strip |
| 12 Hydrox look-alike | 27 Rule out | 50 Comical sort |
| 13 Ante- | 32 Mischievous tyke | 52 Path left behind |
| 14 Duel tool | 33 Kreskin's claim | 53 Finished |
| 15 Ham's dad | 34 One side of the Urals (Abbr.) | 54 Hearty brew |
| 16 Real estate ad abbr. | 35 The "who" in a whodunit | 55 Divisible by two |
| 17 "Phooey!" | 38 Bohemian | 56 Indiana city |
| 18 Clothe | 39 A Gershwin | 57 Standard |
| 20 Ordeals | 40 Hostel | 58 Take five |

Crossword down

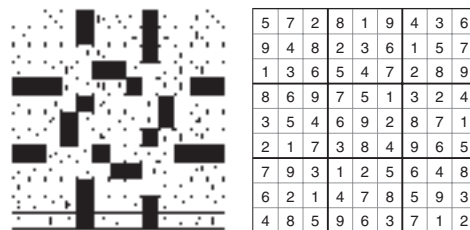
- | | |
|---------------------------------|------------------------------|
| 1 Region | 28 British verb suffix |
| 2 Press | 29 Type of spaniel |
| 3 Approach | 30 See 47-Down |
| 4 Kelly, to Regis | 31 Ironically humorous |
| 5 Butter knife, e.g. | 36 Glum |
| 6 Branch | 37 Listener |
| 7 Into the sunset | 38 Response |
| 8 "Automatic" telephone feature | 41 "Fuhgeddaboutit!" |
| 9 One sitting carelessly | 42 Enthusiastic, plus |
| 10 Osso buco meat | 43 Stromboli outpouring |
| 11 Household members | 44 Trade |
| 19 Exist | 46 Possess |
| 21 Vitamin stat | 47 With 30 Down, supplements |
| 24 Energy | 48 Fender bender result |
| 25 Ostrich's kin | 51 Carte lead-in |
| 26 Wine + soda water | |

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		2				8	4	
	3	9		4	8			
6			1					
1		7	6		2			
	5						9	
			3		5	2		1
					4			7
			7	6		3	1	
8	7					9		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	17-21 minSmart
Under 13 minGenius	21-25 minNot bad
13-17 minScholar	25+ minKeep practising

Recipe of the day



Orange beef stir-fry with broccoli and red pepper

INGREDIENTS:

- ½ cup (250 mL) orange juice
- 2 tbsp (25 mL) reduced-sodium soy sauce
- 1 tbsp (15 mL) oyster-flavoured sauce
- 1 tbsp (15 mL) rice vinegar
- 1 ½ tsp (7 mL) hot red pepper sauce
- 1 ½ tsp (7 mL) cornstarch
- 1 tbsp (15 mL) vegetable oil
- 12 oz (340 g) flank steak, trimmed, halved lengthwise and cut into ¼-in. (5-mm) strips
- 1 tbsp (15 mL) minced fresh ginger
- 2 tsp (10 mL) freshly grated orange zest
- 3 garlic cloves, minced
- 1 cup (125 mL) sliced onion
- 1 lb (500 g) broccoli crowns, cut into 1-in (2.5-cm) florets
- 1 red or yellow pepper, cut into 2-in x 1/4 -in. (5-cm x 5-mm) slivers

METHOD:

In bowl, whisk orange juice, soy sauce, oyster sauce, vinegar, red pepper sauce and

cornstarch; set aside.
2. Heat 1 tsp (5 mL) oil in large skillet or wok over high heat. Add half the steak and cook until browned underneath (about 1 minute). Turn and cook again (about 30 sec). Transfer to a plate. Repeat with remaining steak.
3. Add remaining oil to skillet. Add ginger, orange zest and garlic. Stir-fry until fragrant. Add onion and stir-fry for 1 minute. Add broccoli and pepper, then stir-fry for 30 sec. Add ¼ cup (50 mL) water, cover, and cook until crisp-tender. Push vegetables to the outer edges of pan. Stir reserved sauce, pour into centre of pan and cook, stirring, until glossy and thickened. Stir vegetables into sauce, return steak to skillet, and turn to coat.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes

ARIES
MARCH 21-APRIL 20
You'll inspire thoughts of generosity. A significant meeting occurs in an out of the way place. Others may panic, but you'll go with the flow.

LIBRA
SEPT 23-OCT 23
Be practical with a professional. Relief materializes after hearing some news. Don't make a stand in a tense situation.

TAURUS
APRIL 21-MAY 21
A tempting bargain is offered. Read the fine print before you sign anything. Your response can make a difference.

SCORPIO
OCT 24-NOV 22
You'll search desperately for something important. A close friend feels down in the dumps. Someone's wish can worsen a situation.

GEMINI
MAY 22-JUNE 21
Too much closeness may defuse an infatuation. The energy you need will magically appear. Frustration results from a careless comment.

SAGITTARIUS
NOV 23-DEC 21
Illness cancels plans for the evening. You hear good news about a potential job. Try a different approach to a predicament.

CANCER
JUNE 22-JULY 22
A conversation makes you euphoric. A lost shoe appears in an odd location. A naïve guy makes something happen.

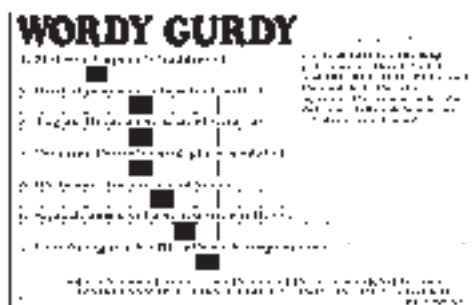
CAPRICORN
DEC 22-JAN 20
Avoid obsessing over trivial mistakes. An intimate friend speaks the truth. Beware of overeating to get emotional comfort.

LEO
JULY 23-AUG 23
Inspirational news has you dancing for joy. A missing person is gossiped about. An unbelievable friend will succeed.

AQUARIUS
JAN 21-FEB 18
Find your dream job through an old friend. Elevate yourself beyond anxiety. Think twice about changing your appearance.

VIRGO
AUG 24-SEPT 22
A troublemaker is being finicky about details. You'll find what you're looking for. A strong-willed person inspires you to claim your freedom.

PISCES
FEB 19-MARCH 20
Your personal magnetism is set on high. Very little progress is made on an important project. Your resilience comes to the forefront.



This day in history

- OCT. 9, 1003: Leif Erikson lands in L'Anse aux Meadows, Canada, becoming the first European to reach America.
- OCT. 9, 1582: Because of the implementation of the Gregorian calendar, this day does not exist in this year in Italy, Poland, Portugal and Spain.
- OCT. 9, 1604: Supernova 1604, the most recent supernova to be observed in the Milky Way.
- OCT. 9, 1824: Slavery is abolished in Costa Rica.
- OCT. 9, 1967: A day after being caught, Che Guevara is executed for attempting to incite a revolution in Bolivia.
- OCT. 9, 2007: The Dow Jones Industrial Average closes at an all-time high.

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14903 118th Ave.
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12714 137th Ave.
13034 50th St.

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5205 50th Ave.
7 - 6109 45th St.

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26 Strathmoor Dr.

Spruce Grove

116 Westland Market Mall
30 - 96 Campsite Rd.

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30 - 200 St. Albert Rd.
20 Muir Dr.

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